

## **Abstract - State and Local Public Health Actions to Prevent Obesity, Diabetes, and Heart Disease and Stroke**

The Massachusetts Plan to Prevent Obesity, Diabetes, Heart Disease and Stroke is an integrated strategy that builds on existing public health infrastructure. The plan supports implementation of population-wide and primary population approaches to prevent obesity, diabetes and heart disease and stroke and reduce health disparities among adults. The plan strategically targets the unequal burden of chronic disease borne by the state's most vulnerable residents and communities. The Division of Prevention and Wellness at the Massachusetts Department will oversee the project.

The purpose of the program is to implement population-wide and priority population approaches to prevent obesity, diabetes, and heart disease and stroke and reduce health disparities in these areas among adults. The work will be done within two components – Component 1 and Component 2. Component 1 will support environmental and system approaches to promote health, support and reinforce healthful behaviors, and build support for lifestyle improvements for the general population and particularly for those with uncontrolled high blood pressure and those at high risk for developing type 2 diabetes. Populations at high risk for type 2 diabetes include those with prediabetes or those who have a sufficient number of risk factors on evidence-based risk tests that put them in a high risk category. Component 2 will support health system interventions and community-clinical linkages that focus on the general population and priority populations. Priority populations are those population subgroups with uncontrolled high blood pressure or at high risk for type 2 diabetes who experience racial/ethnic or socioeconomic disparities, including inadequate access to care, poor quality of care, or low income. The Department will implement activities in 4 communities. Component 1 environmental strategies will be implemented in the same communities and jurisdictions as Component 2 health system and community-clinical linkage strategies, with local improvements supported by statewide.

The program is designed to achieve two overarching long-term goals: reduce death and disability due to heart disease and stroke by 3% in targeted communities and reduce the prevalence of obesity by 3% in targeted communities. These goals align with our Massachusetts Coordinated Health Promotion and Chronic Disease Prevention Plan as well as goals established through Mass in Motion and 1305. They also strongly link to the goals set forth in Chapter 224 for the Prevention and Wellness Trust Fund to reduce healthcare costs and burden of disease. Additional outcomes of the proposed components are to increase consumption of nutritious food and beverages and increase physical activity, increase engagement in lifestyle change programs, improve medication adherence for adults with high blood pressure, increase self-monitoring of high blood pressure tied to clinical supports and increase referrals to and enrollments in lifestyle change programs, as well as increase ability to track participation in programs and link participation to health outcomes.